



EDITOR'S CHAT.

Problems of Every Day Life and a Key to Their Solution.

There are too many reclining chairs and sofas and rocking chairs in the United States. We call these things signs of comfort; the truth is they are the cause of backache, dyspepsia, curvature of the spine, lung troubles, and a host of attendant evils.

Now-a-days people tell, they do not sit up. They tell in carriages; they tell in churches; they tell in libraries, and all the time they are in such strained attitudes that nature calls out in violent protest in a hundred different ways.

When young people complain of headache and dizziness, nine times out of ten it is directly traceable to the unusual positions in which they force their bodies. The curving of the spine results in a strain of the muscles at the back of the neck, and this manifests itself in aches and pains in both head and back. Or, where one sits lopsided the contortions of the spinal column on one side necessitate a corresponding depression on the other, giving rise to many nervous maladies, and even affections of the brain and eyes.

Remember, your backbones was made for an upright position; that an upright position is the only position of the vertebrae upon one another is promotive of various ills.

Remember that to sit upright and walk upright is to have a straight back, a full chest, expanded lungs, and a clear head, with liver and stomach, and other splanchnic organs in their true position.

Avoid reclining chairs and sit in a straight-backed seat when possible. Better not back at all than one that will force you to take an unnatural attitude, and rack where it should rest you.

Keep your backbones straight up and down. When you go up and down stairs hold your body erect and use much easier it is for you. If you go to a church or amusement place, where the back of your seat inclines too much, never mind the artificial back, rely upon your own.

Remember that serpents coil themselves, and vines wallow, and worms make spiral evolutions. Man was made to go upright, with his head to the air and his eyes toward the heavens. Sit up straight.

THE SECRET OF FASCINATING.

The secret of fascinating others is an open one, says a current writer; it is so easy that it lies all neglected by the way-side, while those who would give their dearest treasures to possess it pass it by unnoticed. It is this:

Fill your heart with good-will to everybody, and then practice at all times the best manner you know, particularly at home. If you begin at home, this charming manner will, so to speak, get settled on you and radiate from you. Strive to give to your sister as you would to your best girl. Strive to give to your mother, father, and brothers and sisters as you would to your best friend. Strive to gain good-will to everybody, and then practice at all times the best manner you know, particularly at home.

A C. C. IN NEW YORK.

An Emigrant Ship, and the Landing of the Nations.

If you want to see an interesting sight, visit the Battery when an emigrant ship is due. The passage to the dock is lined with a high iron fence, and an authoritative Irishman guards the gates, assisted by a policeman. The emigrant ship does not trespass upon his rights, and he will not object to your looking over the fence.

We went down to the Battery places in the front row, commanding a full view of the landing and a close inspection of the passengers as they disembarked. There was a merry throng awaiting the arrival of the ships, who crowded against each other and fought for precedence. The pressure against the fence was strong, and I was in mortal terror of being squeezed through the bars, and was being squeezed into the hands of the aforementioned policeman.

A murmur from the crowd and an additional pressure against me, and the fence announced that the ship had landed, and soon the passengers appeared in line headed by another person in authority.

THE POLES AHEAD.

First came the Poles, the men plodding ahead, dressed in gray cloaks and slouch hats, carrying sheepskin bags and small bundles. The women in short red or blue petticoats and black shawls, with bare heads, lugging great bundles of household linen, and carrying bundles of blankets, their backs fairly bent double with the burden.

This reminded me of a picture I once saw called "The Division of Labor." It represented an old Irish woman carrying a bundle of linen on her back, followed by her husband with the stovepipe in his hand.

BEAUTIFUL ITALIAN GIRL.

After the Poles came the Italian, a dirty and shaggy-looking man, with a long black beard and a pair of enormous glasses. The women were dressed in gaudy, gaudy, and gaudy, and one young girl in particular was a perfect beauty. She was tall, straight and lithe-limbed, with long black, glossy hair, rich olive complexion, and a pair of large, dark, expressive eyes. She was a green petticoat, with bodice and sleeves, and a red-and-yellow striped shawl was thrown over her shoulders.

She stood a moment on the ship, evidently expecting someone who failed to come, and I saw her dark, half-frightened eyes filled with tears, and another moment she was pushed on and seized by an emigrant hunter, and that was all. God alone knows where she went, and whether she was happy or not. I am probably the agent of the emigrant lodge, where she was sent, and where she will suffer and outages are periodically unattended.

"GREEK, GREEK, GREEK!"

A large man with a large voice and a corresponding large mouth called out "Greek, Greek, Greek." They were a sort of company, tall, slender and dark, with black breeches and long frock coats and small caps. They were in the party, and they carried little luggage.

THE UNIQUE TURKS.

The Turks were decidedly unique, with their beards and turbans, and their women in gaudy, gaudy, and gaudy, and one young girl in particular was a perfect beauty. She was tall, straight and lithe-limbed, with long black, glossy hair, rich olive complexion, and a pair of large, dark, expressive eyes.

PATHOS AND "LALLYGAGGING."

The French were the cleanest looking party that landed, and their children were the best kept. A pathetic sight was seen in the case of a mother and daughter, judging from their cast of features. The mother was sitting in a dark red skirt, brown waist, and no headgear, and looked old and over-worked.

The daughter, probably several years in this country, was a full-blooded American with a modern gown, umbrellas skirt, puffed sleeves, and modern gloves.

The poor old mother rushed into her daughter's arms, and they stood there oblivious to all of their surroundings and the hundreds of curious eyes that were turned upon them. A big fat policeman, "one of the finest," swept down upon them, and pushing them roughly on, called, "Get on with you!" The mother was sobbing, and the daughter was crying, and the policeman was shouting, "Get on with you!"

A WESTERN CAVALCADE.

After a party of regulars had passed, there passed the Western cavalcade appeared. They were a mixture of all nations, and were labeled "Western." They were dressed in gaudy, gaudy, and gaudy, and one young girl in particular was a perfect beauty. She was tall, straight and lithe-limbed, with long black, glossy hair, rich olive complexion, and a pair of large, dark, expressive eyes.

BATTERY AND CASTLE GARDEN.

The Battery derives its name from the fortification erected by the first Dutch settlement on Manhattan Island. It is a public park at the southern end of the city, occupies over 20 acres, and is laid out with shade trees and wide stone walks along the pier. Summer evenings it is filled with pleasure-seekers, and my pleasant stroll added to the enjoyment. The U. S. revenue office and Castle Garden are within its limits. Castle Garden was originally a Dutch fort, and was converted into a Summer garden, from whence it derives its name.

LAFAYETTE AND JENNY LIND.

When Marquette de Lafayette revisited this country in 1824, a grand ball was given in his honor at Castle Garden; and President Jackson and John Tyler were also of the party. The ball was so successful it became a concert hall, and as such it was the first appearance in America before as brilliant and fashionable an audience as has rarely if ever been seen in this country. — *See Shoreward Marble.*

HAPPY HOUSEHOLD.

Something of What Our Busy Ones are Doing and Saying.

MRS. EWING'S CODFISH BALLS—SHE TELLS IN HER MINUTE AND CHEERFUL WAY JUST HOW TO MAKE THEM.

Mrs. Ewing, the scientific cook, has a pleasant way of doing things that is not only quick, but also economical. She is a member of the Ladies' Aid Society, and is a member of the church. She is a member of the church, and is a member of the church.

"I take this codfish from the cold water," she said, gently squeezing it. To pass it through the colander would be better, she thought.

"Yes, it is the best codfish that comes in two-potatoes package," she said, yet, I found it was not the best. It was a codfish, and it was a codfish, and it was a codfish.

"I took the big codfish," continued Mrs. Ewing, "and I cut it into pieces, then I covered it with the flour and oil, and I covered it with the flour and oil, and I covered it with the flour and oil."

"But before I got my finger I want to show you where I got my finger," she said, and she showed me where she got her finger.

"I always break an egg into the mixture," said Mrs. Ewing, "and I break an egg into the mixture, and I break an egg into the mixture, and I break an egg into the mixture."

"But now the fat is hot in the kettle," she said, and she showed me where she got her finger.

"I know the fat is hot," she said, and she showed me where she got her finger.

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no reason why we should not unhesitatingly toward her. We should help her to walk on a higher plane in life, make her feel that she is something more than a gossip, and by and by we will find that she has reached our level.

So all through life we may find a noble work to be done. First, we should find that we are free ourselves from all that we desire to correct in others; then, if we are right, go ahead.

Patience means something more than serving one's country. It means to give for the widow and orphan, the sick and afflicted, the poor and lonely, and to spend days and years on the battlefield, preserving our peace and prosperity.

It means that we should listen to all that is said, and then, if we are right, go ahead. It means that we should listen to all that is said, and then, if we are right, go ahead.

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SUNDAY MEDITATION.

A Study of the International Sunday-School Lesson Appointed for July 2, 1893.

Subject: St. Paul Going to Europe. Acts, 16: 6-15.

(One reading these notes should first carefully study the paragraph from the Holy Scriptures as indicated above.)

INTRODUCTION.

Let us keep track of St. Paul's First Missionary tour:

13:1. Antioch (Syria).	12 miles
4. Antioch to Seleucia.	125 "
4. Seleucia to Cyprus.	100 "
6. Salamis to Paphos.	100 "
13. Paphos to Paphos.	155 "
14. Paphos to Antioch (Pisidia).	80 "
15. Antioch to Iconium.	65 "
14:6. Iconium to Lystra.	40 "
6:20. Lystra to Derbe.	30 "
21. D. to Lystra.	30 "
L. to Iconium.	65 "
L. to Antioch.	65 "
24:25. A. to Paphos.	80 "
P. to Antioch.	40 "
26. A. to Antioch (Syria).	250 "
	1,112 "

Thus the Apostle completed his First Missionary Journey. In the figures above we have fixed the total distance at 1,112 miles. We have given these distances in straight, and not traveled, lines. It is plain we have not, therefore, any accurate statement of miles over which he passed.

The following sets forth the places as to geographical regions:

Syria. Antioch. 13:1.	1
Cyprus. Salamis. 13:4.	1
Asia Minor. 13:14.	1
Pamphilia. Paphos. 13:13.	1
Antioch. 13:14.	1
Lystra. 14:6.	1
Derbe. 14:6.	1

All the places mentioned were in Asia save Seleucia and Paphos, cities of an island in the Mediterranean Sea.

We give below an alphabetic list of the cities visited, including the starting point. The figure after each place shows the number of times it was visited by St. Paul in his first tour:

1. Antioch (Syria), starting point.	2
2. Antioch (Pisidia).	2
3. Atalia (Pamphilia), seaport.	1
4. Derbe (Lycaonia).	1
5. Iconium.	1
6. Lystra.	1
7. Paphos (Cyprus).	1
8. Salamis (Cyprus).	1
9. Seleucia (Syria), seaport.	2
10. Seleucia (Syria), seaport.	2

It is probable he passed through Seleucia a second time, since that was the seaport, mouth of the Taurus, and it is the only one mentioned in the Bible.

By referring to THE NATIONAL TRIBUNE for Dec. 1, 1892, one can get useful notes on this lesson. It was read with interest since 1885, when I first began to notice the C. C. columns of THE NATIONAL TRIBUNE.

Between the return to Antioch, Syria, and the setting out for a second tour, a few incidents occurred which should be noticed. A question originated in the Church at Antioch, and it was a question of circumcision (15:1). It was decided to send a delegation. St. Paul was the leading delegate. Let us follow him.

15:1. At Antioch (Syria). 320 miles. 15:2. A. to Paphos. 80 miles. 15:3. P. to Seleucia. 125 miles.

Phoenicia is another spelling of Phoenicia, and Samaria was a province of Palestine; so we give the total distance from Antioch to Jerusalem in a direct line. The total was 640 miles. From Antioch to Jerusalem was 640 miles.

Acts 15:36. St. Paul suggested a Second Missionary Tour. Selecting Silas for a companion, he went on to Antioch, Syria, and Cilicia. (41.)

Let us follow St. Paul. 15:1. Antioch (Syria), to Derbe, 175 miles. 15:2. D. to Lystra. 30 miles. 15:3. L. to Iconium. 65 miles. 15:4. I. to Antioch. 65 miles. 15:5. A. to Paphos. 80 miles. 15:6. P. to Seleucia. 125 miles. 15:7. S. to Seleucia. 125 miles. 15:8. S. to Seleucia. 125 miles. 15:9. S. to Seleucia. 125 miles. 15:10. S. to Seleucia. 125 miles. 15:11. S. to Seleucia. 125 miles. 15:12. S. to Seleucia. 125 miles. 15:13. S. to Seleucia. 125 miles. 15:14. S. to Seleucia. 125 miles. 15:15. S. to Seleucia. 125 miles. 15:16. S. to Seleucia. 125 miles. 15:17. S. to Seleucia. 125 miles. 15:18. S. to Seleucia. 125 miles. 15:19. S. to Seleucia. 125 miles. 15:20. S. to Seleucia. 125 miles. 15:21. S. to Seleucia. 125 miles. 15:22. S. to Seleucia. 125 miles. 15:23. S. to Seleucia. 125 miles. 15:24. S. to Seleucia. 125 miles. 15:25. S. to Seleucia. 125 miles. 15:26. S. to Seleucia. 125 miles. 15:27. S. to Seleucia. 125 miles. 15:28. S. to Seleucia. 125 miles. 15:29. S. to Seleucia. 125 miles. 15:30. S. to Seleucia. 125 miles. 15:31. S. to Seleucia. 125 miles. 15:32. S. to Seleucia. 125 miles. 15:33. S. to Seleucia. 125 miles. 15:34. S. to Seleucia. 125 miles. 15:35. S. to Seleucia. 125 miles. 15:36. S. to Seleucia. 125 miles. 15:37. S. to Seleucia. 125 miles. 15:38. S. to Seleucia. 125 miles. 15:39. S. to Seleucia. 125 miles. 15:40. S. to Seleucia. 125 miles. 15:41. S. to Seleucia. 125 miles. 15:42. S. to Seleucia. 125 miles. 15:43. S. to Seleucia. 125 miles. 15:44. S. to Seleucia. 125 miles. 15:45. S. to Seleucia. 125 miles. 15:46. S. to Seleucia. 125 miles. 15:47. S. to Seleucia. 125 miles. 15:48. S. to Seleucia. 125 miles. 15:49. S. to Seleucia. 125 miles. 15:50. S. to Seleucia. 125 miles. 15:51. S. to Seleucia. 125 miles. 15:52. S. to Seleucia. 125 miles. 15:53. S. to Seleucia. 125 miles. 15:54. S. to Seleucia. 125 miles. 15:55. S. to Seleucia. 125 miles. 15:56. S. to Seleucia. 125 miles. 15:57. S. to Seleucia. 125 miles. 15:58. S. to Seleucia. 125 miles. 15:59. S. to Seleucia. 125 miles. 15:60. S. to Seleucia. 125 miles. 15:61. S. to Seleucia. 125 miles. 15:62. S. to Seleucia. 125 miles. 15:63. S. to Seleucia. 125 miles. 15:64. S. to Seleucia. 125 miles. 15:65. S. to Seleucia. 125 miles. 15:66. S. to Seleucia. 125 miles. 15:67. S. to Seleucia. 125 miles. 15:68. S. to Seleucia. 125 miles. 15:69. S. to Seleucia. 125 miles. 15:70. S. to Seleucia. 125 miles. 15:71. S. to Seleucia. 125 miles. 15:72. S. to Seleucia. 125 miles. 15:73. S. to Seleucia. 125 miles. 15:74. S. to Seleucia. 125 miles. 15:75. S. to Seleucia. 125 miles. 15:76. S. to Seleucia. 125 miles. 15:77. S. to Seleucia. 125 miles. 15:78. S. to Seleucia. 125 miles. 15:79. S. to Seleucia. 125 miles. 15:80. S. to Seleucia. 125 miles. 15:81. S. to Seleucia. 125 miles. 15:82. S. to Seleucia. 125 miles. 15:83. S. to Seleucia. 125 miles. 15:84. S. to Seleucia. 125 miles. 15:85. S. to Seleucia. 125 miles. 15:86. S. to Seleucia. 125 miles. 15:87